

High Road to Tibet - ANRT

14 days: Kathmandu to Kathmandu

What's Included

- G Adventures for Good: Sisterhood of Survivors Project, Kathmandu
- Local Living: Panauti Homestay, Panauti
- Local Living: Rongbuk Monastery Visit and Stay, Rongpu Si
- Kathmandu orientation walk
- Lhasa orientation walk
- Potala Palace entrance
- Sera Monastery visit
- Jokhang Temple entrance
- Pelkor Chode, Gyantse Kunbum, and Tashilhunpo Monastery visits
- Everest Base Camp entrance and hike
- Border crossing support
- Internal flights
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing May 24th, 2017 and onwards

Itinerary Notes

This itinerary has been updated from an overland border crossing into Nepal, to include a flight from Lhasa to Kathmandu to end the tour. Damage to the Tibet-Nepal highway due to the 2015 earthquake has left roads closed, meaning a flight is currently the only way to travel between the two countries. It is unknown when the highway will reopen and no overland travel will be possible between these two destinations for the foreseeable future.

Itinerary

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1 Kathmandu

Arrive at any time.

There are no planned activities for today except for a welcome meeting in the early evening, followed by an optional dinner.

Arrival Day and Welcome Meeting

1h18:00

At this meeting, complete formalities for our Tibet entry permit.

Accommodation

Fuji Hotel (or similar)

Hotel

Day 2 Kathmandu

Take an orientation walk in Durbar Square before visiting the Sisterhood of Survivors Project, a grassroots organization. Meet some of the women and learn how to make Nepalese momos (dumplings) before enjoying an authentic local lunch. In the evening, enjoy free time to explore the fascinating city.

Durbar Square Orientation Walk

Kathmandu

Every orientation walk will be a little different, allowing our CEOs to show off their favourite bits of the square. Learn more about Durbar Square and Kathmandu and get a good introduction to Nepal.

G Adventures for Good: Sisterhood of Survivors Project

Visit this G Adventures-supported grassroots organization that is helping to support rehabilitated survivors of human-trafficking. SASANE, our project partners, train women coming out of trafficking to be certified paralegals, so that they are the first point of contact for other women coming out of abuse. Where survivors lack a high school diploma, the minimum requirements to be a paralegal, Planeterra and G Adventures have helped catalyze a hospitality program for these women to be reintegrated into a dignified work environment. The survivors will teach you how to make momos (traditional dumplings) as well as a Nepali lunch. The program helps support SASANE's outreach and education programs, and is completely run by survivors of trafficking.

Free Time

Kathmandu

Take the evening to explore the city.

Meals included: Lunch

Accommodation

Fuji Hotel (or similar)

Hotel

Day 3 Kathmandu/Panauti

Depart for a community homestay in Panauti. Choose to disembark in Sanga and hike the remaining way to the village or continue via private vehicle. Explore the village then help cook an authentic Nepalese dinner.

Many families in Panauti Village have come together to establish a homestay program.

Depending on the location, the home offers lovely views across surrounding fields or a post from which to observe street activity. As well as getting to know a local family and exploring this lovely village, you will assist with preparing your evening meal - learning how to cook local dishes - and eat together with your host family.

Private Vehicle

Kathmandu - Panauti

Settle in and scan the scenery from the convenience of a private vehicle.

Guided Hike to Panauti Community Homestay

Sanga - Panauti 4h-5h 11km

Take in the stunning views of surrounding rice fields and farmlands by opting to hike the remaining 11 km to your community homestay in Panauti.

Local Living: Panauti Homestay

Houses in Panauti are generally fairly narrow, multi-storey buildings with a central stairway - participating households have set aside a room for guests with comfortable beds and clean bathroom facilities (some en-suite, all on same level) on the 2nd or 3rd floor of their homes. Although simple, rooms are clean, comfortable and typical of the households in which you are staying.

Free Time

Panauti

Don't miss a moment of exploration in this village!

Meals included: Dinner

Accommodation

Panauti Home Stay (or similar)

Homestay

Day 4 Panauti/Lhasa

Take an afternoon flight to Lhasa and spend three days exploring Lhasa, adjusting to the altitude, and learning more about the unique culture here.

With a relaxed pace to allow for the effects of altitude, explore this fantastic city on 'the roof of the world' over three days. Don't miss one of the evening debating sessions with the monks.

Private Vehicle

Panauti - Kathmandu

Settle in and scan the scenery from the convenience of a private vehicle.

Plane

Kathmandu - Lhasa 1h30m Afternoon

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Accommodation

Yak Hotel Lhasa (or similar)

Hotel

Day 5 Lhasa

Enjoy an orientation walk around Barkhor Square and guided tour of the Jokhang Temple. In the afternoon explore Sera Monastery.

Barkhor Square Orientation Walk

Lhasa 1h

Explore the square with your CEO and learn more about this city.

Jokhang Temple Tour

Lhasa 2h

Enjoy a tour of this beautiful temple, which has been called the spiritual heart of Tibet. Watch prostrating pilgrims circle the temple day and night, some of them traversing the extremes of the Tibetan landscape by foot to come here and celebrate their faith. Make a kora ("revolution" in Tibetan) of the Barkhor, the holiest devotional circuit, which surrounds the Jokhang and houses a market bazaar where people bargain for Buddha images, yak skulls with ruby eyes, woodcarvings, carpets, prayer wheels, and the odd goat's head.

Sera Monastery Tour

Lhasa 1h30m

Visit the Sera Monastery and witness the monks engaged in lively debate, a philosophical practice they have held for hundreds of years.

Free Time

Lhasa

Spend time slowly exploring this fascinating city.

Optional Activities - Day 5

Evening Debate Session with Monks

Lhasa

55CNY per person

Watch the monks engage in lively debate and pray.

Accommodation

Yak Hotel Lhasa (or similar)

Hotel

Day 6 Lhasa

Explore the grounds of Potala Palace where the Dalai Lamas would meditate. Later, visit the Dalai Lama's Summer Palace, Norbulingka.

Potala Palace Tour

Lhasa2h

Enjoy a tour of Potala Palace, a magnificent structure and true architectural wonder built in the 1600s and steeped in history. This is where the Dalai Lamas would meditate, handle affairs of state, and eventually where their burial stupas remain. Check out the golden statues, three dimensional mandalas, ancient scriptures, and the devoted pilgrims who circle the palace day and night. This is truly a remarkable place.

Norbulingka Tour

Lhasa2h

Visit the Dalai Lama's Summer Palace, Norbulingka. Be sure to check out the beautiful flowers in the botanical garden.

Optional Activities - Day 6

Evening Debate Session with Monks

Lhasa

55CNY per person

Watch the monks engage in lively debate and pray.

Accommodation

Yak Hotel Lhasa (or similar)

Hotel

Day 7 Lhasa/Gyantse

Drive to Gyantse along beautiful Yamdrok Tso.

The drive to Gyantse is a spectacular one, crossing three passes over 5000m (16404ft) and skirting the shores of the beautiful turquoise lake, Yamdrok Tso. Great for photography, prepare to stop at Khambala Pass, Karo La Pass, and Yamdrok Tso to take in the stunning views.

Private Vehicle

Lhasa - Gyantse8h267km

Settle in and scan the scenery from the convenience of a private vehicle.

Accommodation

Yeti Hotel (or similar)

Hotel

Day 8 Gyantse/Xêgar

In the morning, visit Pelkor Chode Monastery and Gyantse Kumbum. After breakfast, depart for Xegar. On the way, make a stop in Sakya and explore the Sakya Monastery.

Private Vehicle

Gyantse - Xêgar8h-9h330km

Settle in and scan the scenery from the convenience of a private vehicle.

Sakya Monastery Visit

Sakya

Take in the stunning views of one of Tibet's oldest monasteries and surrounding landscape.

Pelkor Chode Monastery and Gyantse Kumbum Visit

Gyantse

Enjoy a visit to these two significant places in Tibetan Buddhism. Pelkor Chode Monastery was founded in 1418 and is regarded as the centre of Gyantse. Gyantse Kumbum (meaning 100,000 images) is an 8 story structure containing a seemingly endless series of tiny chapels full of Buddhist images - Buddhas, demons, protectors, and saints.

Accommodation

Snowland Hotel, Shegar (or similar)

Hotel

Day 9 Xêgar/Rongpu Si

Visit Rongbuk, the highest monastery in the world. Hike to Everest Base Camp for a closer view of this magnificent mountain.

Take an exhilarating drive to reach Rongbuk - 5000m (16404ft) and a mere 7km (4.4mi) below Everest Base Camp. The view from here is utterly spectacular.

Rongbuk is the highest monastery in the world and its guesthouse offers very basic accommodation, but the views that surround it more than compensate. Lie in bed and watch the moonlight illuminate the mountain.

If you're keen and the altitude hasn't gotten to you, make the 7km (4.4mi) hike to Base Camp for a closer view this magnificent mountain. For the rest of the group, take the bus!

Private Vehicle

Xêgar - Rongpu Si 4h-4h30m 115km

Settle in and scan the scenery from the convenience of a private vehicle.

Local Living: Rongbuk Monastery Visit and Stay

Enjoy a visit to Rongbuk Monastery, the highest monastery in the world. It was first built in 1902 by the Nyingma Lama and originally housed more than 500 monks. Today, only about 50 monks and nuns remain, sharing the same prayer hall but maintaining separate residences. The nuns here are great fun and will be delighted to have you join their evening prayers.

Everest Base Camp (North)

Everest Base Camp

Travel by bus from the Rongbuk Monastery to Everest Base Camp, a 7km (4.4 mi) trip. Soak in the gorgeous scenery. If you're up for adventure and feeling well enough, hike the 7km (4.4 mi) to get a tiny taste of what it's like to scale this magnificent mountain.

Accommodation

Rongbuk Monastery Guest House (or similar)

Guesthouse

Day 10 Rongpu Si/Xigazê

Travel from Rongbuk Si to Shigatse.

Private Vehicle

Rongpu Si - Xigazê 8h-9h 340km

Settle in and scan the scenery from the convenience of a private vehicle.

Accommodation

Shigatse Yak (or similar)

Hotel

Day 11 Xigazê

Enjoy a visit to the Tashilunpo Monastery and opt to complete the surrounding kora. In the afternoon, enjoy free time visiting the local market or exploring the scenic city.

Lined with prayer wheels, follow the pilgrims on their kora around Tashilunpo Monastery. This sacred walk provides stunning views of the monastery and town below.

Tashilunpo Monastery Visit

Xigazê

This massive complex is visited daily by hundreds of devotees, armed with yak butter to feed the lamps, who prostrate themselves around the stupas or walk up to the chapel that houses the 26m-high (85ft), gold-plated statue of the Buddha.

Optional Activities - Day 11

Shigatse Bazaar Visit

Xigazê

Visit the Shigatse Bazaar and walk down streets lined with stalls selling everything from slabs of yak butter to yak wool, prayer wheels, and rosaries. Watch as Tibetans vie with each other to win a sale.

Accommodation

Yak Hotel Lhasa (or similar)

Hotel

Day 12 Xigazê/Lhasa

Travel back to Lhasa.

Private Vehicle

Xigazê - Lhasa 8h 200km

Settle in and scan the scenery from the convenience of a private vehicle.

Accommodation

Yak Hotel Lhasa (or similar)

Hotel

Day 13 Lhasa/Kathmandu

Fly back to Kathmandu and enjoy a final evening in the city.

Plane

Lhasa - Kathmandu

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Accommodation

Fuji Hotel (or similar)

Hotel

Day 14 Kathmandu

Depart any time.

What's Included

G Adventures for Good: Sisterhood of Survivors Project, Kathmandu

Local Living: Panauti Homestay, Panauti

Local Living: Rongbuk Monastery Visit and Stay, Rongpu Si. Kathmandu orientation walk. Lhasa orientation walk. Potala Palace entrance. Sera Monastery visit. Jokhang Temple entrance. Pelkor Chode, Gyantse Kunbum, and Tashilhunpo Monastery visits. Everest Base Camp entrance and hike. Border crossing support. Internal flights. All transport between destinations and to/from included activities.

Highlights

Experience the Tibetan cultural capital of Lhasa, witness monks in debate and prayer, explore rural villages and lunar landscapes, Reach 5000m and a mere 7km below Everest Base Camp

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Itinerary Notes

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Important Notes

1. This trip operates at altitudes over 3500m (max altitude 5630m). Whilst we travel slowly allowing plenty of time to acclimatise you may experience headaches, nausea, lethargy on arrival in Lhasa. It is important to be aware of the affects of altitude on one's tolerance especially on long driving days. 2. Accommodation in western Tibet (particularly at Everest Base Camp) is extremely basic - only multishare rooms may be available and little or no running water. Basic pit toilets. 3. The sun is intense - hat and sun screen are essential as well as drinking plenty of water as altitude exacerbates dehydration.

2. DRONES IN NEPAL

Please note that drones and the flying of drones are prohibited in Nepal. If you violate these regulations the police may take you into custody.

Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

Group Size Notes

Max 14, avg 12

Meals Included

1 lunch, 1 dinner

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your group CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Plane, local bus, air-conditioned bus, walking.

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some

of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels/guesthouses (12 nts), very basic guesthouse (1 nt, limited facilities).

About Accommodation

A variety of styles of hotels/guest houses are used on this trip. In many instances they might not be like what you are used to back home as service and efficiency can vary. In some areas we stay in simple local guest houses in stunning locations - rooms are small and simple and there may only be shared toilet facilities and showers. A sleep sheet/bag is recommended as whilst there is plenty of bedding and (in most cases) it does get washed, it can be dusty and cold especially in winter/Spring.

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

Joining Instructions

When arriving into Tribhuvan Intl Airport in Kathmandu you will notice how small the city really is. It is on 7km from the downtown area and the only way to get there is by taxi. You can arrange a prepaid taxi from the counter outside of the baggage hall run by the Airport Queue Taxi Service Management Committee for about 200-250 Rupees (approx 3-4 USD). Please be aware of people wanting to help you with your bags as they will ask for money once you get to your taxi.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications at Tribhuvan International Airport please call our local G Adventures Transfer providers directly at:

Mr. Rajju Maskey

From outside of Nepal: +977 98 0201 4444

From within Kathmandu: 98 0201 4444

From within Nepal, but outside Kathmandu: 098 0201 4444

EMERGENCY CONTACT NUMBERS

G Adventures South Asia Manager, Rishab (Delhi, India)

Emergency number:

From outside of India: +91 99 7179 5447

From within Delhi: 99 7179 5447

From within India, but outside Delhi: 099 7179 5447

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

Checklist

Cold Weather:

- * Long-sleeved shirts or sweater
- * Scarf
- * Warm gloves
- * Warm hat
- * Warm layers

Conservative Dress:

- * Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- * Shawl or scarf (for temple visits)

Documents:

- * Flight info (required) (Printouts of e-tickets may be required at the border)
- * Insurance info (required) (With photocopies)
- * Passport (required) (With photocopies)
- * Required visas or vaccination certificates (required) (With photocopies)
- * Vouchers and pre-departure information (required)

Essentials:

- * Binoculars (optional)
- * Camera (With extra memory cards and batteries)
- * Cash, credit and debit cards
- * Day pack (Used for daily excursions or short overnights)
- * Ear plugs
- * First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- * Flashlight/torch (Headlamps are ideal)
- * Fleece top/sweater
- * Footwear
- * Hat
- * Locks for bags
- * Long pants/jeans
- * Moneybelt
- * Outlet adapter
- * Personal entertainment (Reading and writing materials, cards, music player, etc.)
- * Reusable water bottle
- * Shirts/t-shirts
- * Sleepwear
- * Small travel towel
- * Sunglasses
- * Toiletries (Preferably biodegradable)
- * Watch and alarm clock
- * Waterproof backpack cover
- * Windproof rain jacket

Trekking:

- * Gloves
- * Hat
- * Hiking boots/sturdy walking shoes
- * Hiking pants (Convertible/Zip-off and quick dry recommended)
- * Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets.)
- * Socks (Trekking socks (woollen or synthetic, not cotton).)
- * Thermal base layer (Woollen or synthetic, not cotton.)
- * Walking poles (Highly recommended.)

Warm Weather:

- * Sandals/flip-flops
- * Shorts/skirts (Longer shorts/skirts are recommended)
- * Sun hat/bandana
- * Swimwear

Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

CHINA - G Adventures local agent in Nepal will arrange a group visa for China. This is the only way groups may enter China from Kathmandu. If you already have a China visa the Chinese Embassy in Kathmandu will cancel it and issue you a group visa that is valid for this trip only.

The cost of the visa is NOT included in the trip. You must pay it separately on arrival in Kathmandu at the group meeting. The visa fee will be the following for each nationality:

- American and Brazilian: 195 USD per person
- Canadian and Romanian: 150 USD per person
- Israeli: 104 per person
- All other nationalities: 114 USD per person

You will also need to provide two passport photos - please ensure your photos follow the guidelines below:

1. 33 x 48 MM in size
2. White background
3. Ears are visible
4. No lipstick or accessories (earrings, necklaces, etc)

These permits are issued from the Chinese government and it is at their discretion as to who is eligible for a permit. G Adventures can not guarantee that you will be granted a permit to Tibet.

The following nationals will not be given a visa to Tibet from the Chinese Embassy in Kathmandu: Afghanistan, Albania, Azerbaijan, Bangladesh, Cameroon, Chad, Democratic Republic of Congo, Ghana, Iran, Iraq, Kazakhstan, Kenya, Kyrgyzstan, Lebanon, Libya, Mali, Nigeria, Pakistan, Somalia, South Sudan, Sri Lanka, Syria, Tajikistan, Tunisia, Turkey, Uzbekistan

In addition, the Chinese embassy will interview any travellers who have visited the following countries for more than 30 days: Afghanistan, Iraq, Pakistan, Syria, Turkey

Please be advised Norwegian passengers are currently not allowed entry into Tibet.

NEPAL - All foreign nationals (except Indians) require a visa to enter Nepal. Visas are obtainable from embassies abroad or on arrival at Kathmandu's Tribhuvan airport. If getting the visa at the airport be prepared for long queues.

You will need to provide two passport photos and pay the following fee in US dollars cash only: Multiple entry visa valid for 15 days - US \$25: Multiple Entry Visa for 30 days - US \$40 and Multiple entry visa valid for 90 days - US \$100

Please note that if you are planning an additional trip to China after The High Road to Tibet tour you will need to apply for a Chinese visa at the Chinese embassy in Kathmandu. This can only be done once the High Road trip is finished so please allow for additional days in Kathmandu after your trip if you need a new Chinese visa. (Please check with your Chinese embassy prior to travel as this is subject to change)

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also

remember the following specific recommendations when planning your trip.

Money Exchange

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com. As of Feb 2012 the exchange rate for NEPAL was 1 USD = 78.76 NPR (Nepalese Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

All departure taxes should be included in your international flight ticket.

Tippling

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from USD1-2 per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline USD20-30 per person, per week can be used.

Optional Activities

Allow 80 USD for Optional Activities

Day trip to Ganden - Lhasa

Sera Monastery

Pelkor choede, dzong

Dhurbur Square (Kathmandu)

Swayabunath (Kathmandu)

All prices are per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEOs are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

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Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

The Planeterra Foundation planeterra.org is a Canadian non-profit organization that helps empower local people to develop their communities, conserve their cultures, and create humane and supportive systems for their endeavours. Planeterra provides capacity building and catalyst grants to get community social enterprises off the ground. These businesses address local challenges by providing benefits for indigenous people, empowering marginalized women, and granting disadvantaged youth access to education, employment, and brighter futures. Planeterra also works to ensure these businesses have a thriving customer base by integrating programs into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs so 100% of your donation will bring opportunity to people in need.

Dollar-a-Day Program

G Adventures' Dollar-a-Day Program provides travellers with the opportunity to give back to the people and places visited on our tours by donating one dollar for every day you are on trip. 100% of these donations go directly to support community development projects worldwide that are implemented by Planeterra.

Local Dress

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.